

**Recipe Name: Fresh Basil and Navy Bean Soup**

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Recipe Categories: Soups & Salads

**Ingredients:**

- 4 cups reduced-sodium chicken broth
- 4 oz. dried medium shell pasta
- 1 14 1/2 oz. can diced tomatoes (undrained)
- 1/4 tsp. red pepper (optional)
- 1 15-16oz. can navy beans, rinsed and drained
- 1 Cup chopped cooked chicken breast
- 1 Cup fresh arugula
- 1/2 cup chopped fresh basil
- 1 Tbsp. extra-virgin olive oil

**Directions:**

- 1) In a 4-qt. Dutch oven bring broth to boiling. Add pasta, undrained tomatoes and crushed red pepper, if desired. Return to boiling; reduce heat. Cover; cook 10 minutes or until pasta is just tender.
- 2) Stir in remaining ingredients; heat through. Season to taste with salt and pepper. Top with Parmesan cheese and basil leaves. Top with Kalamata olives scattered over the soup give it a briny pop. Add them right before serving so the soup doesn't get too salty. Each serving 293 calories, 5 grams fat